

**READING COMPREHENSION**

*Task 1: Read the text carefully. There are two tasks to do on the next page.*

**CAN MINDFULNESS ENRICH YOUR LIFE?**

*Do weekends blur into months and then into seasons? Georgia Coleridge, healer and complementary therapist, shows how to slow things down.*

Do you ever find yourself unable to switch off, not just from big worries but all the little things, like the dog's injections and whether you can make time for a haircut? Sometimes all these thoughts just won't leave us alone. If they disturb our sleep, then there's another thing to worry about – insomnia! If they disturb our days, it is hard to focus, hard to relax, and hard to enjoy whatever it is we're doing.

So how do we quieten the thousand chattering thoughts? Exercise helps, of course, and good nourishing food that evens out blood sugar levels. But psychologists and doctors are increasingly recommending a simple form of meditation known as mindfulness, which can act directly on your brainwaves and tame **intrusive** anxieties.

What's so good about mindfulness? Mindfulness is very easy to learn. It can be practised anywhere (and no, you don't need to sit cross-legged on a yoga mat). To get the full benefits, you only need to use it for a couple of minutes a day. Unlike antidepressants, there are no side effects. And it is completely free.

The basic technique was invented thousands of years ago by Buddhist monks, but modern mindfulness isn't religious. Psychologists argue that it's more like brain training, and an impressive body of clinical studies have shown that it can reduce anxiety and chronic pain, clear your brain, boost your immune system, lower your blood pressure, tackle insomnia, improve your memory, and increase your physical stamina.

So why aren't we all doing it already? There are signs that this is starting to happen. Companies such as Apple and Google lay on regular mindfulness workshops for employees (you can be sure they wouldn't offer this if it didn't make their workers more productive), some schools are beginning to teach it in personal, social, and health education, and an increasing number of NHS doctors are starting to prescribe mindfulness courses as an alternative to antidepressants. Here's how you can get started...

Step No. 1 is mastering mindfulness. Start with a very simple, two-minute meditation. Lie down on your bed, or sit on a comfortable chair. Now focus on your nose and notice the sensation as your breath comes in and out of your nostrils. Sounds simple? Unfortunately, after a few seconds your mind will get bored and start pursuing dozens of random thoughts. When this happens, remind yourself that all those other issues can wait for another minute or so. You can also congratulate yourself for doing so well already. Surprisingly, becoming aware that your mind has been wandering is an important part of the process. So keep yourself focusing on breathing.

Step No. 2 is everyday mindfulness. Mindfulness isn't only about meditation. It's about noticing and appreciating what you're doing right now. If you feel frazzled at work, take three minutes away from your desk to wash your hands. Focus on the sound of the tap running, the smell of the soap, and how the water feels on your fingers. When you're walking, notice how the soles of your feet touch the ground. These are simple ways to calm and refresh your brain.

Step 3 is to use mindfulness to soothe anxiety. If random worries pop up, use a further refinement to keep them in perspective. The idea is to observe them, from a distance, like watching clouds moving across the sky. You are the observer, you are not your thoughts, and your thoughts are **temporary**.

**READING COMPREHENSION – TASKS**

*Task 1: Based on what you have read in the article, decide whether the statements below are true (T) or false (F). Circle one of the two letters. Be careful, sentences do not follow in the same order as the information in the article.*

1. It has been scientifically proven that mindfulness can help overcome problems with sleeplessness. T / F
2. In general, doctors are doubtful whether doing mindfulness exercises can replace the effect of antidepressants. T / F
3. Shifting your concentration on breathing is a simple technique that can help you in practising mindfulness. T / F
4. There are some restrictions for doing mindfulness exercises connected with location and required aids. T / F
5. Focusing on the sensual aspects of daily routines leads to mastering mindfulness. T / F
6. Physical activities and appropriate food can decrease a state of anxiety to some extent. T / F
7. Getting detached from obtrusive thoughts is a step towards mindfulness. T / F
8. Companies in general are reluctant to initiate courses of mindfulness for their employees. T / F

*Task 2: Define the correct meaning of the following words (underlined in the text) by circling one of the four words with the closest meaning.*

9. intrusive  
 a) intensive                      b) disarming                      c) chronic                      d) unpleasant
10. temporary  
 a) steady                      b) negative                      c) permanent                      d) limited

..... / 10 pts

## V O C A B U L A R Y

**Task 1: Complete the paired idioms in the sentences below with the correct word. Choose one word from the box and write it in the gap. There are six extra words.**

<i>square</i>	<i>sick</i>	<i>bring</i>	<i>hurry</i>	<i>tired</i>	<i>turn</i>
<i>bright</i>	<i>complete</i>	<i>bustle</i>	<i>give</i>	<i>sound</i>	<i>exhausted</i>

1. She was so relieved when her son phoned to say he was *safe and* ..... She was worried he might have been killed in the train crash she'd heard about on the news.
2. The Swedish tennis team were beaten *fair and* ..... by Australia in the Davis Cup final.
3. He moved to the country, but before long he was missing the *hustle and* ..... of city life.
4. He suffered from insomnia and would *toss and* ..... for hours each night before he finally managed to fall asleep.
5. A certain amount of ..... *and take* is necessary in all marriages.
6. He was ..... *and tired* of people patting his head and saying how bald he was getting.

**Task 2: Fill each blank space in the article below with the correct form of the word at the end of the line in capital letters.**

## HOW TO BECOME A SUCCESSFUL WRITER

“Most people can be taught how to write for (7) .....,” **PUBLISH**  
 claims Susan Busby, Head of Britain's largest writing college, “as long as they want  
 to write and are willing to learn.” Students also receive individual, personal tuition from  
 a professional writer who gives (8) ..... on style, technique, and **GUIDE**  
 marketing. Unfortunately, the (9) ..... writer is more likely to have **TRAIN**  
 their work returned to them because they haven't followed the rules of the publishing  
 world. And that, in a large part, is what we teach – how to make your work  
 (10) ..... to those who will pay for it. **ACCEPT**

..... / 10 pts

**GRAMMAR**

*Task 1: Fill each of the numbered blanks in the passage with one suitable word.*

## FROM THE HISTORY OF ADVERTISING

EXAMPLE: (0) which

The economic depression (0)..... lasted from 1873 to 1894 marked a (1)..... point between the old method of industrial organisation and distribution and the new one. From the beginning of the 19<sup>th</sup> century until the 1870s, production (2)..... steadily expanded. But the depression brought (3)..... a crisis of over-production and under-consumption – manufactured goods piled (4)..... unsold and prices and profits fell. Towards the end of the century, many of the small industrial firms realised that they (5)..... be in a better position to weather economic depressions and slumps (6)..... they combined with other small businesses and widened the range of goods they produced so that all their eggs (7)..... not in one basket. They also realised that they would have to take steps to ensure that once their goods had been produced, there (8)..... a market for them. This period ushered in the first phase of what economists now call “monopoly capitalism”, (9)....., roughly speaking, refers to the control of the market (10)..... a small number of giant, conglomerate enterprises. Whereas previously, competitive trading had been conducted by small rival firms, after the depression the larger manufacturing units relied (11)..... on mass advertising to promote their new range of products.

..... / 11 pts

*Task 2: Complete each sentence in such a way that it means exactly the same as the sentence above it.*

12. I would prefer you behave politely to your colleagues.

I'd rather ..... politely to your colleagues.

13. This is the worst steak I have ever eaten.

Never .....

14. Without your advice, I would never have made such progress.

If it hadn't ....., I would never have made such progress.

15. As he grew older, he became more and more tense.

The .....

..... / 4 pts

## LISTENING

*You will hear a radio programme in which three types of people are discussed – the connector (C), the doer (D), and the philosopher (P). Below, you can read five statements which are related to one of those types. In the gaps provided, write the first letter of the person the statement refers to (either C, D, or P). You will hear the programme twice.*

### *DIFFERENT PERSONALITIES*

1. This person has outstanding organizational skills and a systematic approach to things and people. ....
2. This person shows empathy and takes other people into consideration. ....
3. This person encourages his/her offspring and colleagues. ....
4. This person's mind is too open to new thoughts, thus it is often difficult for him/her to concentrate on one idea. ....
5. This person is goal-oriented and plans actions in order to achieve them. ....

..... /5 pts

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